

## Fragrance Systemic Contact Dermatitis

~ 50% of patients with (+) PT to Myroxilon who followed BOP reduction diet had significant improvement of their dermatitis

### Foods to Avoid in Balsam-Restricted Diet

- **Citrus** fruits: oranges, lemons, grapefruit, tangerines, marmalade, juices
- Flavoring agents: pastries, bakery goods, candy, chewing gum
- **Spices**: cinnamon, cloves, vanilla, curry, allspice, anise, ginger
- Spicy condiments: ketchup, chili & barbecue sauce, chutney, pickles, pizza
- Perfumed or flavored tea & tobacco
- Chocolate
- Certain cough medicines & lozenges
- Ice cream
- Cola, spiced soft drinks such as Dr Pepper
- **Tomatoes** & tomato-containing products

Salam TN, Fowler JF Jr. Balsam-related systemic contact dermatitis J Am Acad Dermatol. 2001 Sep;45(3):377-81

**Table I.** Balsam of Peru diet (foods to avoid)

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<ul style="list-style-type: none"><li>• Products that contain citrus fruits (oranges, lemons, grapefruit, bitter oranges, tangerines, and mandarin oranges). For example, marmalade, juices, and bakery goods</li><li>• Flavoring agents such as those found in Danish pastries and other bakery goods, candy, and chewing gum</li><li>• Spices such as cinnamon, cloves, vanilla, curry, allspice, anise, and ginger</li><li>• Spicy condiments such as ketchup, chili sauce, barbecue sauce, chutney and the like, and liver paste</li><li>• Pickles and pickled vegetables</li><li>• Wine, beer, gin, and vermouth</li><li>• Perfumed or flavored tea and tobacco, such as mentholated tobacco products</li><li>• Chocolate</li><li>• Certain cough medicines and lozenges</li><li>• Ice cream</li><li>• Cola and other spiced soft drinks such as Dr Pepper</li><li>• Chili, pizza, Italian and Mexican foods with red sauces</li><li>• Tomatoes and tomato-containing products</li></ul>
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